

# NOURISHING NEWS

IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS

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OCTOBER 2007

This publication has been sent to all:

☐ School Food Service Directors

☐ School Food Service Kitchen Managers



HEALTHY MEALS FOR EVERY CHILD, EVERY DAY!

## Inside this issue:

A Message from The Director 1

Average Daily Participation 2

Idaho HealthierUS Challenge Manual and Workshops 2

HealthierUS Challenge & Wellness Policy 2

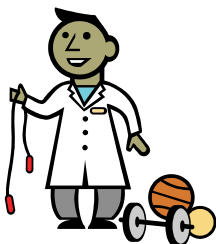
HealthierUS Challenge: Going for the Gold by Anji Baumann 3

HealthierUS Challenge Depends on Teamwork 3

October's Insider 4

## A Message from the Director

According to USDA, in the last 20 years the percentage of young children who are overweight has more than doubled, and it has tripled among adolescents. Childhood obesity is recognized as a national epidemic, resulting in earlier onset and increased prevalence of disease.



Schools are a key setting for healthy nutrition and physical activity strategies. USDA has established nutrition standards for its school meals programs and, through Team Nutrition, is now working to help schools and school districts increase physical activity and nutrition education in schools. Many schools have already made

changes to their school nutrition environments, improved the quality of the foods served, and now provide students with more nutritious, healthier choices. To recognize these schools and to encourage other schools to achieve such results, the HealthierUS Challenge was developed. HealthierUS schools can be recognized as either gold or silver schools. This is a voluntary certification process and the certification standards were established specifically for the Challenge. **Even though the HealthierUS Challenge is only available to elementary schools for certification, the**

**goals of the Challenge are valuable for all ages.** Heidi Martin, TN Coordinator has developed a manual, available on the CNP Web site, providing a "step by step" approach for schools to meet this Challenge.

Sincerely,  
Colleen Fillmore, PhD, RD, LD  
Director, Child Nutrition Programs



## Upcoming Events

### CNP Training Days October 4-5

Several NSLP & CACFP classes will be offered in Boise.



Serving It Safe



October 9-10	Coeur d'Alene
October 15 & 17	Twin Falls
October 16-17	Idaho Falls & Boise
October 23-24	Pocatello & Caldwell
October 24-25	Clarkston, WA

**Healthy Edge Trainer Certification**  
November 6-7

To register for one of these workshops, go to: [www.sde.idaho.gov/child/](http://www.sde.idaho.gov/child/)

## Your Questions Answered

? Q. What is the first step to take if I want to apply for the HealthierUS Challenge Award? ?

A. The first thing a school should do is look at the application or the Idaho HealthierUS Challenge Manual and read through the requirements of the Challenge. If you decide to work toward applying for the Challenge, contact Heidi Martin at CNP to start communicating about the application. Do not wait until the very end to contact the state agency, we may be able to provide help and tips that will assist you along the way.

Q. What is the difference between the gold and silver award?

A. The main differences are:

- Fresh fruits or raw vegetables must be served every day rather than three days a week.
- Whole grains must be served every day rather than three days a week.
- A la carte requirements are stricter.

## CIRCULATE TO:

☐ Superintendent

☐ Principal

☐ School Nurse

☐ Health Teacher

☐ Kitchen Staff



## General Requirements of the HealthierUS Challenge

- Be an elementary school
- Be enrolled as a Team Nutrition School
- Offer reimbursable lunches that demonstrate healthy menu planning practices and principles of the *Dietary Guidelines for Americans* and that meet USDA nutrition standards
- Provide nutrition education to students
- Provide students the opportunity for physical activity



## Average Daily Participation

Mary Jo Marshall, BS  
Coordinator, NSLP

Have you considered going for the silver or gold by applying for the HealthierUS Challenge but do not currently meet the 70% Average Daily Participation (ADP) criteria? Do you know how to compute your ADP?



days and there were 600 students enrolled with access to meals, then the calculation using the above information would be:

$10,000 \text{ monthly meals} \div 20 \text{ days} = 500 \text{ meals per day}$   
 $500 \text{ meals per day} \div 600 \text{ children enrolled} = 0.83$   
 $0.83 \times 100 = 83\% \text{ ADP}$

The percentage of Average Daily Participation (ADP) of school enrollment is calculated by dividing the total student participation for a typical operating month by the number of operating days in that month, then dividing by the school enrollment (those student's with access to meals), and multiplying by 100. A typical month of operation to use is October.

For example:

During the month of October, if your school served 10,000 reimbursable lunches and served lunches 20

### What can you do if you need to increase ADP?

There are three important steps to increase ADP: Marketing, Marketing and Marketing. There are many forms of marketing, such as decorating the dining area with the many free posters available. Some sources of these posters are your food service vendors, the Child Nutrition Programs and the Dairy Council. In addition, you could advertise using newsletters and menu backers. Students love to participate in promotions and celebrate holidays and school team

days. Other ideas to increase ADP include offering choices in fruits and vegetables and more than one entrée choice. One of the most important forms of marketing is providing stellar customer service and listening to your customers by incorporating their suggestions when possible.

Some helpful resources can be found on the team nutrition website at <http://teamnutrition.usda.gov>. At this site, choose "School Success Stories" from the homepage to get your creative juices flowing.

Another helpful resource is a booklet published by the Child Nutrition Team entitled "Best Practices." You will be able to garner many useable ideas from this booklet to incorporate at your sites. You can find a copy of this booklet at [www.sde.idaho.gov/child/tngtrants.asp](http://www.sde.idaho.gov/child/tngtrants.asp).



## Idaho HealthierUS Challenge Manual and Workshops

The Idaho Child Nutrition Programs have developed a manual to assist you in applying for the HealthierUS Challenge. The manual discusses the requirements of the HealthierUS Challenge and provides tips for meeting challenge requirements by the Idaho Gold Award winner, Anji Baumann. Classes based on this manual are also being scheduled in each region of the state to cover the challenge in more detail. The classes will be co-taught with Anji Baumann, Foodservice Director from Gooding. Anji will be sharing her experience with the challenge and offering pointers for those considering working towards the challenge. Be looking for announcements for classes in your area soon.



## HealthierUS Challenge & Wellness Policy

Heidi Martin, RD, LD  
Coordinator

The HealthierUS Challenge is a great addition to a strong wellness policy. The Challenge addresses all of the required components of a wellness policy:

- Nutrition Education
- Physical activity
- School meals and
- Other foods served on campus.

Use the goals of the HealthierUS Challenge to strengthen/improve your district's wellness policy this year.

The Challenge's requirements for school lunch are stricter than the USDA requirements for reimbursable meals.

I encourage you and your staff to go the extra mile and do what is best for the students that you serve. Serving meals that meet the HealthierUS Challenge requirements provides students with meals that contain more fruits and vegetables, more whole grains, and a variety of colors of foods. Every school lunch program has room for improvements. Be one of the first to step up to the plate and provide your students with some of the healthiest meals in the state.



## HealthierUS Challenge: Going for the Gold

Anji Baumann, Food Service Director  
Gooding School District

Deciding to apply for the HealthierUS School Challenge was no big deal. Keep in mind that our child nutrition program was already meeting some requirements of the Challenge, and our goal was to incorporate the remaining standards. Thinking the application process would be simple, my thought was, "We'll have this done in no time. Give me a couple of weeks to do the paper work!" After numerous attempts and many months of submitting the application, we determined that focusing on one requirement at a time was the key.

Without the support of our kitchen manager, Carol Williams, this wouldn't have been possible. Bless her heart, not only did she test and re-test recipes, but she also trained new staff throughout the year. Selling the idea to the nutrition panel was no big deal -- I told them maybe Oprah would show up when we won the award! Just for the record - she didn't.

Physical activity and nutrition education are a mandatory require-

ment in the application. A meeting was scheduled with our nutrition panel. Together, we made a list of nutrition education and physical activity opportunities currently taking place in our school. This made it easier to complete that part of the application, and we counted everything! The next step was educating staff on what the HealthierUS Challenge was and to create excitement throughout our building. We discussed the Challenge with students during nutrition education and PE classes to get them pumped up. Selling the idea to child nutrition staff was an issue in itself! At first, the staff reaction was, "How much more do we have to do?" We discussed the importance of creating awareness in our school and community by meeting the Challenge and doing something together we all could be proud of. As we went through the school year, staff learned to identify which foods would qualify and were able to exchange some items for others to meet requirements. Production records were closely monitored; if a substitution was made, it was noted on the production record. The most challenging part was sim-

ply adapting recipes to meet whole-grain and fat standards and creating menus. Most of our entrée choices remained the same. However, new recipes were developed and added to avoid offering foods too high in fat/saturated fat. By utilizing our healthy choice bars, we were able to meet the fruit & vegetable requirements easily.

Our first submission of the application was in Fall 2006. The application qualified for the silver award. Our staff had put a lot of hard work and effort into the Challenge, and they had waited a long time - they wanted the "gold award" so bad, they could taste it! By March 2007, after a few tweaks and rearranging menu choices, we accomplished our goal. Educating staff and getting everyone on board was a key factor in implementing the challenge. Otherwise, it simply would not have happened.

If we had to do it all over again - we absolutely would!



## HealthierUS Challenge Depends on Teamwork

Anna Mae Florence, RD, LD  
Coordinator

How would your school district's kitchen get everything done that needed to be done if there was only one person to do it? One person to prepare the salad bar, the entrée, the side dishes, do the ordering, analyze the menus, determine free and reduced participants, process the claim, and on and on. We know that we rely heavily on teamwork to get the day accomplished. The team has a common goal and every member of the team is very important. We are stronger as a team than we are as individuals.

If goals change or improve, every

team member is affected in a different way. The leader needs to understand that change can be difficult but if it is for the greater good, the leader needs to encourage the team to support it.

Choosing to go for the HealthierUS Challenge is a team project. Take it from those who are trying; everyone needs to be supportive, not just those producing the food but faculty, administration, staff, parents and the students. Everyone has a role that is intertwined with effort towards success. The administration, along with the faculty may have to encourage

parents and students that the endeavor of heading for the gold medal is a winning situation for them. Parents may have to constantly remind their children that eating healthy and taking part in a healthy quest is well worth it. Finally, foodservice directors need to support their staff to continue their effort even when it may not seem appreciated.

From the words of Henry Ford, "Coming together is the beginning, staying together is progress and working together is success." The HealthierUS Challenge is a reward for the whole school district.



## General Requirements of the HealthierUS Challenge (Continued)

- Maintain an Average Daily Participation of 70 percent or higher of school enrollment for reimbursable lunches
- Adhere to guidelines established by FNS for foods served/sold in schools outside the National School Lunch Program

## HealthierUS Challenge Facts

Idaho has no silver award recipients.

Idaho only has **ONE** school that has met the gold award requirements.



## October's Insider

Heidi Martin, RD, LD  
Coordinator

On the back of this newsletter you will find the HealthierUS Challenge Goal Poster. Use this poster to set goals and make improvements to your school lunch program. The HealthierUS Challenge requirements listed on the poster are difficult to meet because the program is used to recognize EXCEPTIONAL schools. Work on the goals one at a time to make improvements to your program over time. The HealthierUS Challenge is only based on lunch, so breakfast is not taken into consideration for the goals on the poster even though several of the changes you make to your lunch program may also apply to your breakfast program. The HealthierUS Challenge Award is only given to elementary schools, but the Idaho State Department of Education encourages all schools to work toward the goals outlined on the poster for the better health of their students.

- ☒ Hang the poster in a prominent place and work as a team with your staff to meet each goal.

- ☒ Set dates to accomplish each goal.
- ☒ Work on one goal at a time so you do not get overwhelmed.
- ☒ Work on the goals in any order.
- ☒ Give yourself a gold star (or sticker, stamp, check mark, etc.) every time you meet one of the goals.
- ☒ Give different staff members the responsibility to be in charge of different goals. They can lead the way to accomplish the goal they are in charge of.



Have fun and go for the gold! You can be an exceptional school!



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Mailing Label



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